

## **SWIMMING EXERCISER**

## **BACKGROUND OF THE INVENTION**

## 1. Field of the Invention

The present invention relates to a swimming exerciser, and more particularly to a swimming exerciser to allow the swimmer to practice swimming in a limited area.

## 2. Description of Related Art

Swimming is a very healthy exercising sport, which is able to build up the lung capability and exercise every muscle. Especially, those who suffer from chronic bone diseases e.g. arthritis are often advised by doctors to go swimming to strengthen the bones and muscle strength.

However, it is well-known that to bathe in public swimming pools is to expose oneself to potential risks of contracting contagious diseases. Furthermore, some people are rather shy about wearing only a swimming costume in public, especially when many athletically-developed people may also be at the public pool. Although having one's own swimming pool would help reduce the risk of disease, few people are wealthy enough to have their own pool which is sufficiently large to swim back and forth. Yet a further problem is that it is natural for a person to fear his or her head going below the surface of the water, as well as taking in pool water through the mouth which may also be unhealthy. To overcome the shortcomings, the present invention tends to provide a swimming exerciser to mitigate the aforementioned problems.

## SUMMARY OF THE INVENTION

The primary objective of the present invention is to provide a swimming exerciser to enable the swimmer to swim in a limited area. Another objective of the present invention is to provide a swimming exerciser adapted to combine with a pool small enough to be economic whereby people can avoid going to public pools and thus

1 avoid contagious diseases.

2 Another objective of the present invention is to provide a floatation board on a  
3 side of the swimming exerciser to avoid the swimmer taking in water from the pool.

4 Other objects, advantages and novel features of the invention will become more  
5 apparent from the following detailed description when taken in conjunction with the  
6 accompanying drawings.

7 **BRIEF DESCRIPTION OF THE DRAWINGS**

8 Fig. 1 is a schematic perspective view showing the structure of the present  
9 invention;

10 Fig. 2 is an exploded perspective view of the height adjusting device of the  
11 present invention;

12 Fig. 3 is a schematic perspective view showing the application of the height  
13 adjusting device, a resilient device and a pool;

14 Fig. 4 is a schematic view showing the application of the swimming exerciser;

15 Fig. 5 is a schematic front view showing the adjustment of the height adjusting  
16 device; and

17 Fig. 6 is a schematic top view showing that the swimmer is swimming forward  
18 in the pool.

19 **DETAILED DESCRIPTION OF THE PREFERRED EMBODIMENT**

20 With reference to Fig. 1, it is noted that the swimming exerciser has a height  
21 adjusting device (10), a resilient device (20), a trapping device (30) and a pool (40) (as  
22 shown in Fig. 3).

23 With reference to Fig. 2 and still using Fig. 1 as reference, the height adjusting  
24 device (10) includes a pole (11) and a base (12) configured for secure engagement to a  
25 pool side. The pole (11) has a slot (13) axially defined in the pole (11) and multiple

1 cutouts (14) defined in the pole (11) and communicating with the slot (13). The pole (11)  
2 is securely formed on the base (12) by any appropriate known methods in the art.

3       The resilient device (20) includes an elastic strap (21) extending out from a side  
4 of a positioning block (22), a hook (23) formed on a free end of the elastic strap (21) and  
5 a head (24) formed on a side of the positioning block (22) and opposite relative to the  
6 elastic strap (21). The head (24) has a neck (241) extending from the side of the  
7 positioning block (20) and slidably received in the slot (13).

8       The trapping device (30) is provided with a loop (31) for trapping therein a  
9 portion of the swimmer's body, e.g. waist, and two opposed rings (32) to correspond to  
10 the hook (23) of the resilient strap (21). A flotation board (33) may be adhered to a side  
11 of the loop (31).

12       With reference to Figs. 3 and 4, it is noted that when the swimming exerciser of  
13 the present invention is in application, two bases (12) are securely and oppositely  
14 mounted on a side of the pool (40) with the pole (11) respectively mounted on the two  
15 bases (12). Then the head (24) is securely received in a corresponding cutout (14) in the  
16 respective pole (11). The hook (23) from respective resilient device (20) is securely  
17 engaged with the ring (32) of the trapping device (30).

18       With reference to Figs. 5 and 6 and taking Fig. 4 for reference, after the loop (31)  
19 is used to trap for example the waist of the swimmer, the swimmer is able to use the  
20 height adjusting devices (10) on opposite sides of the swimming pool (40) to adjust the  
21 resiliency of the elastic strap (21) of the resilient device (20) such that the swimmer is  
22 able to encounter different resistances when swimming in the pool (40).

23       Furthermore, the application of the flotation board (33) on a side of the loop (31)  
24 helps the swimmer to float on the water surface so that the taking in of water is avoided  
25 and thus even a beginner swimmer is encouraged to swim.

1           By using the swimming exerciser of the present invention, the swimmer is able  
2       to use a tank at home to perform swimming exercise without having the potential risk of  
3       contracting contagious diseases by going to a public swimming pool.

4           It is to be understood, however, that even though numerous characteristics and  
5       advantages of the present invention have been set forth in the foregoing description,  
6       together with details of the structure and function of the invention, the disclosure is  
7       illustrative only, and changes may be made in detail, especially in matters of shape, size,  
8       and arrangement of parts within the principles of the invention to the full extent  
9       indicated by the broad general meaning of the terms in which the appended claims are  
10      expressed.